

Carbohydrate Report

District: Garden Grove Unified School District

School: Bolsa High School

Menu: 2022-2023 High School Breakfast Menu



| Wed - 03/01/2023 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|--|---|-----------------|-------------------|
| 2022-2023 High School Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (3) w/ French Toast Slice & Syrup | 1.00 serving/3 links + 1 french toast slice | 480.000 | 59.000 |
| Breakfast Sausage Pizza (2 pieces) | 1.00 serving/2 pieces | 420.000 | 52.000 |
| Egg, Sausage, Cheese English Muffin Sandwich | 1.00 sandwich | 414.335 | 25.989 |
| Chicken & Rice Burrito (HS) | 1.00 serving | 471.381 | 52.815 |
| Breakfast Burrito, Egg, Potato & Cheese | 1.00 serving | 547.235 | 45.263 |
| Breakfast Burrito, Sausage, Egg, & Cheese | 1.00 serving | 579.933 | 43.667 |
| Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST) | 1.00 each | 320.000 | 32.000 |
| Assorted Breakfast Bars | 1.00 each | 285.000 | 47.500 |
| Pan Dulce, Assorted | 1.00 each | 200.000 | 34.000 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Yogurt Parfait w/ Granola 1.25M/1G | 1.00 serving | 263.705 | 50.887 |
| Berry Banana Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 364.104 | 78.897 |
| Tropical Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 306.842 | 63.931 |
| Juice, Assorted, 4 oz | 1.00 each | 60.000 | 14.000 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| Assorted Fruit Cups | 0.50 cup | 84.199 | 19.997 |
| Assorted Dried Fruit | 1.00 each | 112.500 | 28.250 |
| 1% Low Fat Milk | 1.00 each | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 fl oz | 120.000 | 23.000 |

| | | | |
|--|---|------------------------|--------------------------|
| Ketchup Packet | 1.00 packet | 10.000 | 0.000 |
| Hot Sauce (Del Sol) | 1.00 packet | 5.000 | 1.000 |
| Weighted Daily Average | | 588.590 | 87.123 |
| % of Calories | | | 59.21% |
| Thu - 03/02/2023 | Portion Size | Calories (kcal) | Carbohydrates (g) |
| 2022-2023 High School Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (3) w/ French Toast Slice & Syrup | 1.00 serving/3 links + 1 french toast slice | 480.000 | 59.000 |
| Breakfast Sausage Pizza (2 pieces) | 1.00 serving/2 pieces | 420.000 | 52.000 |
| Egg, Sausage, Cheese English Muffin Sandwich | 1.00 sandwich | 414.335 | 25.989 |
| Chicken & Rice Burrito (HS) | 1.00 serving | 471.381 | 52.815 |
| Breakfast Burrito, Egg, Potato & Cheese | 1.00 serving | 547.235 | 45.263 |
| Breakfast Burrito, Sausage, Egg, & Cheese | 1.00 serving | 579.933 | 43.667 |
| Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST) | 1.00 each | 320.000 | 32.000 |
| Assorted Breakfast Bars | 1.00 each | 285.000 | 47.500 |
| Pan Dulce, Assorted | 1.00 each | 200.000 | 34.000 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Yogurt Parfait w/ Granola 1.25M/1G | 1.00 serving | 263.705 | 50.887 |
| Berry Banana Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 364.104 | 78.897 |
| Tropical Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 306.842 | 63.931 |
| Juice, Assorted, 4 oz | 1.00 each | 60.000 | 14.000 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| Assorted Fruit Cups | 0.50 cup | 84.199 | 19.997 |
| Assorted Dried Fruit | 1.00 each | 112.500 | 28.250 |
| 1% Low Fat Milk | 1.00 each | 120.000 | 16.000 |

| | | | |
|--|---|------------------------|--------------------------|
| Chocolate Milk, Fat-free | 8.00 fl oz | 120.000 | 23.000 |
| Ketchup Packet | 1.00 packet | 10.000 | 0.000 |
| Hot Sauce (Del Sol) | 1.00 packet | 5.000 | 1.000 |
| Weighted Daily Average | | 588.590 | 87.123 |
| % of Calories | | | 59.21% |
| Fri - 03/03/2023 | Portion Size | Calories (kcal) | Carbohydrates (g) |
| 2022-2023 High School Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (3) w/ French Toast Slice & Syrup | 1.00 serving/3 links + 1 french toast slice | 480.000 | 59.000 |
| Breakfast Sausage Pizza (2 pieces) | 1.00 serving/2 pieces | 420.000 | 52.000 |
| Egg, Sausage, Cheese English Muffin Sandwich | 1.00 sandwich | 414.335 | 25.989 |
| Chicken & Rice Burrito (HS) | 1.00 serving | 471.381 | 52.815 |
| Breakfast Burrito, Egg, Potato & Cheese | 1.00 serving | 547.235 | 45.263 |
| Breakfast Burrito, Sausage, Egg, & Cheese | 1.00 serving | 579.933 | 43.667 |
| Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST) | 1.00 each | 320.000 | 32.000 |
| Assorted Breakfast Bars | 1.00 each | 285.000 | 47.500 |
| Pan Dulce, Assorted | 1.00 each | 200.000 | 34.000 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Yogurt Parfait w/ Granola 1.25M/1G | 1.00 serving | 263.705 | 50.887 |
| Berry Banana Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 364.104 | 78.897 |
| Tropical Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 306.842 | 63.931 |
| Juice, Assorted, 4 oz | 1.00 each | 60.000 | 14.000 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| Assorted Fruit Cups | 0.50 cup | 84.199 | 19.997 |
| Assorted Dried Fruit | 1.00 each | 112.500 | 28.250 |

| | | | |
|--|---|------------------------|--------------------------|
| 1% Low Fat Milk | 1.00 each | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 fl oz | 120.000 | 23.000 |
| Ketchup Packet | 1.00 packet | 10.000 | 0.000 |
| Hot Sauce (Del Sol) | 1.00 packet | 5.000 | 1.000 |
| Weighted Daily Average | | 588.590 | 87.123 |
| % of Calories | | | 59.21% |
| Mon - 03/06/2023 | Portion Size | Calories (kcal) | Carbohydrates (g) |
| 2022-2023 High School Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (3) w/ French Toast Slice & Syrup | 1.00 serving/3 links + 1 french toast slice | 480.000 | 59.000 |
| Breakfast Sausage Pizza (2 pieces) | 1.00 serving/2 pieces | 420.000 | 52.000 |
| Egg, Sausage, Cheese English Muffin Sandwich | 1.00 sandwich | 414.335 | 25.989 |
| Chicken & Rice Burrito (HS) | 1.00 serving | 471.381 | 52.815 |
| Breakfast Burrito, Egg, Potato & Cheese | 1.00 serving | 547.235 | 45.263 |
| Breakfast Burrito, Sausage, Egg, & Cheese | 1.00 serving | 579.933 | 43.667 |
| Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST) | 1.00 each | 320.000 | 32.000 |
| Assorted Breakfast Bars | 1.00 each | 285.000 | 47.500 |
| Pan Dulce, Assorted | 1.00 each | 200.000 | 34.000 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Yogurt Parfait w/ Granola 1.25M/1G | 1.00 serving | 263.705 | 50.887 |
| Berry Banana Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 364.104 | 78.897 |
| Tropical Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 306.842 | 63.931 |
| Juice, Assorted, 4 oz | 1.00 each | 60.000 | 14.000 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| Assorted Fruit Cups | 0.50 cup | 84.199 | 19.997 |

| | | | |
|--------------------------|-------------|---------|--------|
| Assorted Dried Fruit | 1.00 each | 112.500 | 28.250 |
| 1% Low Fat Milk | 1.00 each | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 fl oz | 120.000 | 23.000 |
| Ketchup Packet | 1.00 packet | 10.000 | 0.000 |
| Hot Sauce (Del Sol) | 1.00 packet | 5.000 | 1.000 |
| Weighted Daily Average | | 588.590 | 87.123 |
| % of Calories | | | 59.21% |

| Tue - 03/07/2023 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|------------------|--------------|-----------------|-------------------|
|------------------|--------------|-----------------|-------------------|

| 2022-2023 High School Breakfast Menu | | | |
|--|---|---------|--------|
| Recipe | Total | | |
| Pork Sausage Links (3) w/ French Toast Slice & Syrup | 1.00 serving/3 links + 1 french toast slice | 480.000 | 59.000 |
| Breakfast Sausage Pizza (2 pieces) | 1.00 serving/2 pieces | 420.000 | 52.000 |
| Egg, Sausage, Cheese English Muffin Sandwich | 1.00 sandwich | 414.335 | 25.989 |
| Chicken & Rice Burrito (HS) | 1.00 serving | 471.381 | 52.815 |
| Breakfast Burrito, Egg, Potato & Cheese | 1.00 serving | 547.235 | 45.263 |
| Breakfast Burrito, Sausage, Egg, & Cheese | 1.00 serving | 579.933 | 43.667 |
| Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST) | 1.00 each | 320.000 | 32.000 |
| Assorted Breakfast Bars | 1.00 each | 285.000 | 47.500 |
| Pan Dulce, Assorted | 1.00 each | 200.000 | 34.000 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Yogurt Parfait w/ Granola 1.25M/1G | 1.00 serving | 263.705 | 50.887 |
| Berry Banana Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 364.104 | 78.897 |
| Tropical Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 306.842 | 63.931 |
| Juice, Assorted, 4 oz | 1.00 each | 60.000 | 14.000 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |

| | | | |
|--|---|------------------------|--------------------------|
| Assorted Fruit Cups | 0.50 cup | 84.199 | 19.997 |
| Assorted Dried Fruit | 1.00 each | 112.500 | 28.250 |
| 1% Low Fat Milk | 1.00 each | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 fl oz | 120.000 | 23.000 |
| Ketchup Packet | 1.00 packet | 10.000 | 0.000 |
| Hot Sauce (Del Sol) | 1.00 packet | 5.000 | 1.000 |
| Weighted Daily Average | | 588.590 | 87.123 |
| % of Calories | | | 59.21% |
| Wed - 03/08/2023 | Portion Size | Calories (kcal) | Carbohydrates (g) |
| 2022-2023 High School Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (3) w/ French Toast Slice & Syrup | 1.00 serving/3 links + 1 french toast slice | 480.000 | 59.000 |
| Breakfast Sausage Pizza (2 pieces) | 1.00 serving/2 pieces | 420.000 | 52.000 |
| Egg, Sausage, Cheese English Muffin Sandwich | 1.00 sandwich | 414.335 | 25.989 |
| Chicken & Rice Burrito (HS) | 1.00 serving | 471.381 | 52.815 |
| Breakfast Burrito, Egg, Potato & Cheese | 1.00 serving | 547.235 | 45.263 |
| Breakfast Burrito, Sausage, Egg, & Cheese | 1.00 serving | 579.933 | 43.667 |
| Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST) | 1.00 each | 320.000 | 32.000 |
| Assorted Breakfast Bars | 1.00 each | 285.000 | 47.500 |
| Pan Dulce, Assorted | 1.00 each | 200.000 | 34.000 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Yogurt Parfait w/ Granola 1.25M/1G | 1.00 serving | 263.705 | 50.887 |
| Berry Banana Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 364.104 | 78.897 |
| Tropical Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 306.842 | 63.931 |
| Juice, Assorted, 4 oz | 1.00 each | 60.000 | 14.000 |

| | | | |
|--------------------------|-------------|---------|--------|
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| Assorted Fruit Cups | 0.50 cup | 84.199 | 19.997 |
| Assorted Dried Fruit | 1.00 each | 112.500 | 28.250 |
| 1% Low Fat Milk | 1.00 each | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 fl oz | 120.000 | 23.000 |
| Ketchup Packet | 1.00 packet | 10.000 | 0.000 |
| Hot Sauce (Del Sol) | 1.00 packet | 5.000 | 1.000 |
| Weighted Daily Average | | 588.590 | 87.123 |
| % of Calories | | | 59.21% |

| Thu - 03/09/2023 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|------------------|--------------|-----------------|-------------------|
|------------------|--------------|-----------------|-------------------|

| 2022-2023 High School Breakfast Menu | | | |
|--|---|---------|--------|
| Recipe | Total | | |
| Pork Sausage Links (3) w/ French Toast Slice & Syrup | 1.00 serving/3 links + 1 french toast slice | 480.000 | 59.000 |
| Breakfast Sausage Pizza (2 pieces) | 1.00 serving/2 pieces | 420.000 | 52.000 |
| Egg, Sausage, Cheese English Muffin Sandwich | 1.00 sandwich | 414.335 | 25.989 |
| Chicken & Rice Burrito (HS) | 1.00 serving | 471.381 | 52.815 |
| Breakfast Burrito, Egg, Potato & Cheese | 1.00 serving | 547.235 | 45.263 |
| Breakfast Burrito, Sausage, Egg, & Cheese | 1.00 serving | 579.933 | 43.667 |
| Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST) | 1.00 each | 320.000 | 32.000 |
| Assorted Breakfast Bars | 1.00 each | 285.000 | 47.500 |
| Pan Dulce, Assorted | 1.00 each | 200.000 | 34.000 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Yogurt Parfait w/ Granola 1.25M/1G | 1.00 serving | 263.705 | 50.887 |
| Berry Banana Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 364.104 | 78.897 |
| Tropical Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 306.842 | 63.931 |

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| Juice, Assorted, 4 oz | 1.00 each | 60.000 | 14.000 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| Assorted Fruit Cups | 0.50 cup | 84.199 | 19.997 |
| Assorted Dried Fruit | 1.00 each | 112.500 | 28.250 |
| 1% Low Fat Milk | 1.00 each | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 fl oz | 120.000 | 23.000 |
| Ketchup Packet | 1.00 packet | 10.000 | 0.000 |
| Hot Sauce (Del Sol) | 1.00 packet | 5.000 | 1.000 |
| Weighted Daily Average | | 588.590 | 87.123 |
| % of Calories | | | 59.21% |
| Fri - 03/10/2023 | Portion Size | Calories (kcal) | Carbohydrates (g) |
| 2022-2023 High School Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (3) w/ French Toast Slice & Syrup | 1.00 serving/3 links + 1 french toast slice | 480.000 | 59.000 |
| Breakfast Sausage Pizza (2 pieces) | 1.00 serving/2 pieces | 420.000 | 52.000 |
| Egg, Sausage, Cheese English Muffin Sandwich | 1.00 sandwich | 414.335 | 25.989 |
| Chicken & Rice Burrito (HS) | 1.00 serving | 471.381 | 52.815 |
| Breakfast Burrito, Egg, Potato & Cheese | 1.00 serving | 547.235 | 45.263 |
| Breakfast Burrito, Sausage, Egg, & Cheese | 1.00 serving | 579.933 | 43.667 |
| Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST) | 1.00 each | 320.000 | 32.000 |
| Assorted Breakfast Bars | 1.00 each | 285.000 | 47.500 |
| Pan Dulce, Assorted | 1.00 each | 200.000 | 34.000 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Yogurt Parfait w/ Granola 1.25M/1G | 1.00 serving | 263.705 | 50.887 |
| Berry Banana Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 364.104 | 78.897 |

| | | | |
|--------------------------------------|-----------------------------------|---------|--------|
| Tropical Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 306.842 | 63.931 |
| Juice, Assorted, 4 oz | 1.00 each | 60.000 | 14.000 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| Assorted Fruit Cups | 0.50 cup | 84.199 | 19.997 |
| Assorted Dried Fruit | 1.00 each | 112.500 | 28.250 |
| 1% Low Fat Milk | 1.00 each | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 fl oz | 120.000 | 23.000 |
| Ketchup Packet | 1.00 packet | 10.000 | 0.000 |
| Hot Sauce (Del Sol) | 1.00 packet | 5.000 | 1.000 |
| Weighted Daily Average | | 588.590 | 87.123 |
| % of Calories | | | 59.21% |

| Mon - 03/13/2023 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|------------------|--------------|-----------------|-------------------|
|------------------|--------------|-----------------|-------------------|

| 2022-2023 High School Breakfast Menu | | | |
|--|---|---------|--------|
| Recipe | Total | | |
| Pork Sausage Links (3) w/ French Toast Slice & Syrup | 1.00 serving/3 links + 1 french toast slice | 480.000 | 59.000 |
| Breakfast Sausage Pizza (2 pieces) | 1.00 serving/2 pieces | 420.000 | 52.000 |
| Egg, Sausage, Cheese English Muffin Sandwich | 1.00 sandwich | 414.335 | 25.989 |
| Chicken & Rice Burrito (HS) | 1.00 serving | 471.381 | 52.815 |
| Breakfast Burrito, Egg, Potato & Cheese | 1.00 serving | 547.235 | 45.263 |
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| Assorted Breakfast Bars | 1.00 each | 285.000 | 47.500 |
| Pan Dulce, Assorted | 1.00 each | 200.000 | 34.000 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Yogurt Parfait w/ Granola 1.25M/1G | 1.00 serving | 263.705 | 50.887 |

| | | | |
|--|-----------------------------------|---------|--------|
| Berry Banana Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 364.104 | 78.897 |
| Tropical Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 306.842 | 63.931 |
| Juice, Assorted, 4 oz | 1.00 each | 60.000 | 14.000 |
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| 1% Low Fat Milk | 1.00 each | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 fl oz | 120.000 | 23.000 |
| Ketchup Packet | 1.00 packet | 10.000 | 0.000 |
| Hot Sauce (Del Sol) | 1.00 packet | 5.000 | 1.000 |
| Weighted Daily Average | | 588.590 | 87.123 |
| % of Calories | | | 59.21% |

| Tue - 03/14/2023 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|------------------|--------------|-----------------|-------------------|
|------------------|--------------|-----------------|-------------------|

| 2022-2023 High School Breakfast Menu | | | |
|--|---|---------|--------|
| Recipe | Total | | |
| Pork Sausage Links (3) w/ French Toast Slice & Syrup | 1.00 serving/3 links + 1 french toast slice | 480.000 | 59.000 |
| Breakfast Sausage Pizza (2 pieces) | 1.00 serving/2 pieces | 420.000 | 52.000 |
| Egg, Sausage, Cheese English Muffin Sandwich | 1.00 sandwich | 414.335 | 25.989 |
| Chicken & Rice Burrito (HS) | 1.00 serving | 471.381 | 52.815 |
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| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |

| | | | |
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| Yogurt Parfait w/ Granola 1.25M/1G | 1.00 serving | 263.705 | 50.887 |
| Berry Banana Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 364.104 | 78.897 |
| Tropical Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 306.842 | 63.931 |
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| 1% Low Fat Milk | 1.00 each | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 fl oz | 120.000 | 23.000 |
| Ketchup Packet | 1.00 packet | 10.000 | 0.000 |
| Hot Sauce (Del Sol) | 1.00 packet | 5.000 | 1.000 |
| Weighted Daily Average | | 588.590 | 87.123 |
| % of Calories | | | 59.21% |

| Wed - 03/15/2023 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|------------------|--------------|-----------------|-------------------|
|------------------|--------------|-----------------|-------------------|

2022-2023 High School Breakfast Menu

| Recipe | Total | | |
|--|---|---------|--------|
| Pork Sausage Links (3) w/ French Toast Slice & Syrup | 1.00 serving/3 links + 1 french toast slice | 480.000 | 59.000 |
| Breakfast Sausage Pizza (2 pieces) | 1.00 serving/2 pieces | 420.000 | 52.000 |
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| Assorted Breakfast Bars | 1.00 each | 285.000 | 47.500 |
| Pan Dulce, Assorted | 1.00 each | 200.000 | 34.000 |

| | | | |
|--|---|------------------------|--------------------------|
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Yogurt Parfait w/ Granola 1.25M/1G | 1.00 serving | 263.705 | 50.887 |
| Berry Banana Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 364.104 | 78.897 |
| Tropical Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 306.842 | 63.931 |
| Juice, Assorted, 4 oz | 1.00 each | 60.000 | 14.000 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| Assorted Fruit Cups | 0.50 cup | 84.199 | 19.997 |
| Assorted Dried Fruit | 1.00 each | 112.500 | 28.250 |
| 1% Low Fat Milk | 1.00 each | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 fl oz | 120.000 | 23.000 |
| Ketchup Packet | 1.00 packet | 10.000 | 0.000 |
| Hot Sauce (Del Sol) | 1.00 packet | 5.000 | 1.000 |
| Weighted Daily Average | | 588.590 | 87.123 |
| % of Calories | | | 59.21% |
| Thu - 03/16/2023 | Portion Size | Calories (kcal) | Carbohydrates (g) |
| 2022-2023 High School Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (3) w/ French Toast Slice & Syrup | 1.00 serving/3 links + 1 french toast slice | 480.000 | 59.000 |
| Breakfast Sausage Pizza (2 pieces) | 1.00 serving/2 pieces | 420.000 | 52.000 |
| Egg, Sausage, Cheese English Muffin Sandwich | 1.00 sandwich | 414.335 | 25.989 |
| Chicken & Rice Burrito (HS) | 1.00 serving | 471.381 | 52.815 |
| Breakfast Burrito, Egg, Potato & Cheese | 1.00 serving | 547.235 | 45.263 |
| Breakfast Burrito, Sausage, Egg, & Cheese | 1.00 serving | 579.933 | 43.667 |
| Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST) | 1.00 each | 320.000 | 32.000 |
| Assorted Breakfast Bars | 1.00 each | 285.000 | 47.500 |

| | | | |
|--|-----------------------------------|---------|--------|
| Pan Dulce, Assorted | 1.00 each | 200.000 | 34.000 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Yogurt Parfait w/ Granola 1.25M/1G | 1.00 serving | 263.705 | 50.887 |
| Berry Banana Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 364.104 | 78.897 |
| Tropical Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 306.842 | 63.931 |
| Juice, Assorted, 4 oz | 1.00 each | 60.000 | 14.000 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| Assorted Fruit Cups | 0.50 cup | 84.199 | 19.997 |
| Assorted Dried Fruit | 1.00 each | 112.500 | 28.250 |
| 1% Low Fat Milk | 1.00 each | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 fl oz | 120.000 | 23.000 |
| Ketchup Packet | 1.00 packet | 10.000 | 0.000 |
| Hot Sauce (Del Sol) | 1.00 packet | 5.000 | 1.000 |
| Weighted Daily Average | | 588.590 | 87.123 |
| % of Calories | | | 59.21% |

| Fri - 03/17/2023 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|------------------|--------------|-----------------|-------------------|
|------------------|--------------|-----------------|-------------------|

| 2022-2023 High School Breakfast Menu | | | |
|--|---|---------|--------|
| Recipe | Total | | |
| Pork Sausage Links (3) w/ French Toast Slice & Syrup | 1.00 serving/3 links + 1 french toast slice | 480.000 | 59.000 |
| Breakfast Sausage Pizza (2 pieces) | 1.00 serving/2 pieces | 420.000 | 52.000 |
| Egg, Sausage, Cheese English Muffin Sandwich | 1.00 sandwich | 414.335 | 25.989 |
| Chicken & Rice Burrito (HS) | 1.00 serving | 471.381 | 52.815 |
| Breakfast Burrito, Egg, Potato & Cheese | 1.00 serving | 547.235 | 45.263 |
| Breakfast Burrito, Sausage, Egg, & Cheese | 1.00 serving | 579.933 | 43.667 |
| Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST) | 1.00 each | 320.000 | 32.000 |

| | | | |
|--|---|------------------------|--------------------------|
| Assorted Breakfast Bars | 1.00 each | 285.000 | 47.500 |
| Pan Dulce, Assorted | 1.00 each | 200.000 | 34.000 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Yogurt Parfait w/ Granola 1.25M/1G | 1.00 serving | 263.705 | 50.887 |
| Berry Banana Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 364.104 | 78.897 |
| Tropical Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 306.842 | 63.931 |
| Juice, Assorted, 4 oz | 1.00 each | 60.000 | 14.000 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| Assorted Fruit Cups | 0.50 cup | 84.199 | 19.997 |
| Assorted Dried Fruit | 1.00 each | 112.500 | 28.250 |
| 1% Low Fat Milk | 1.00 each | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 fl oz | 120.000 | 23.000 |
| Ketchup Packet | 1.00 packet | 10.000 | 0.000 |
| Hot Sauce (Del Sol) | 1.00 packet | 5.000 | 1.000 |
| Weighted Daily Average | | 588.590 | 87.123 |
| % of Calories | | | 59.21% |
| Mon - 03/20/2023 | Portion Size | Calories (kcal) | Carbohydrates (g) |
| 2022-2023 High School Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (3) w/ French Toast Slice & Syrup | 1.00 serving/3 links + 1 french toast slice | 480.000 | 59.000 |
| Breakfast Sausage Pizza (2 pieces) | 1.00 serving/2 pieces | 420.000 | 52.000 |
| Egg, Sausage, Cheese English Muffin Sandwich | 1.00 sandwich | 414.335 | 25.989 |
| Chicken & Rice Burrito (HS) | 1.00 serving | 471.381 | 52.815 |
| Breakfast Burrito, Egg, Potato & Cheese | 1.00 serving | 547.235 | 45.263 |
| Breakfast Burrito, Sausage, Egg, & Cheese | 1.00 serving | 579.933 | 43.667 |

| | | | |
|--|-----------------------------------|---------|--------|
| Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST) | 1.00 each | 320.000 | 32.000 |
| Assorted Breakfast Bars | 1.00 each | 285.000 | 47.500 |
| Pan Dulce, Assorted | 1.00 each | 200.000 | 34.000 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Yogurt Parfait w/ Granola 1.25M/1G | 1.00 serving | 263.705 | 50.887 |
| Berry Banana Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 364.104 | 78.897 |
| Tropical Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 306.842 | 63.931 |
| Juice, Assorted, 4 oz | 1.00 each | 60.000 | 14.000 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| Assorted Fruit Cups | 0.50 cup | 84.199 | 19.997 |
| Assorted Dried Fruit | 1.00 each | 112.500 | 28.250 |
| 1% Low Fat Milk | 1.00 each | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 fl oz | 120.000 | 23.000 |
| Ketchup Packet | 1.00 packet | 10.000 | 0.000 |
| Hot Sauce (Del Sol) | 1.00 packet | 5.000 | 1.000 |
| Weighted Daily Average | | 588.590 | 87.123 |
| % of Calories | | | 59.21% |

| Tue - 03/21/2023 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|------------------|--------------|-----------------|-------------------|
|------------------|--------------|-----------------|-------------------|

| 2022-2023 High School Breakfast Menu | | | |
|--|---|---------|--------|
| Recipe | Total | | |
| Pork Sausage Links (3) w/ French Toast Slice & Syrup | 1.00 serving/3 links + 1 french toast slice | 480.000 | 59.000 |
| Breakfast Sausage Pizza (2 pieces) | 1.00 serving/2 pieces | 420.000 | 52.000 |
| Egg, Sausage, Cheese English Muffin Sandwich | 1.00 sandwich | 414.335 | 25.989 |
| Chicken & Rice Burrito (HS) | 1.00 serving | 471.381 | 52.815 |
| Breakfast Burrito, Egg, Potato & Cheese | 1.00 serving | 547.235 | 45.263 |

| | | | |
|--|-----------------------------------|---------|--------|
| Breakfast Burrito, Sausage, Egg, & Cheese | 1.00 serving | 579.933 | 43.667 |
| Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST) | 1.00 each | 320.000 | 32.000 |
| Assorted Breakfast Bars | 1.00 each | 285.000 | 47.500 |
| Pan Dulce, Assorted | 1.00 each | 200.000 | 34.000 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Yogurt Parfait w/ Granola 1.25M/1G | 1.00 serving | 263.705 | 50.887 |
| Berry Banana Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 364.104 | 78.897 |
| Tropical Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 306.842 | 63.931 |
| Juice, Assorted, 4 oz | 1.00 each | 60.000 | 14.000 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| Assorted Fruit Cups | 0.50 cup | 84.199 | 19.997 |
| Assorted Dried Fruit | 1.00 each | 112.500 | 28.250 |
| 1% Low Fat Milk | 1.00 each | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 fl oz | 120.000 | 23.000 |
| Ketchup Packet | 1.00 packet | 10.000 | 0.000 |
| Hot Sauce (Del Sol) | 1.00 packet | 5.000 | 1.000 |
| Weighted Daily Average | | 588.590 | 87.123 |
| % of Calories | | | 59.21% |

| Wed - 03/22/2023 | Portion Size | Calories (kcal) | Carbohydrates (g) |
|------------------|--------------|-----------------|-------------------|
|------------------|--------------|-----------------|-------------------|

| 2022-2023 High School Breakfast Menu | | | |
|--|---|---------|--------|
| Recipe | Total | | |
| Pork Sausage Links (3) w/ French Toast Slice & Syrup | 1.00 serving/3 links + 1 french toast slice | 480.000 | 59.000 |
| Breakfast Sausage Pizza (2 pieces) | 1.00 serving/2 pieces | 420.000 | 52.000 |
| Egg, Sausage, Cheese English Muffin Sandwich | 1.00 sandwich | 414.335 | 25.989 |
| Chicken & Rice Burrito (HS) | 1.00 serving | 471.381 | 52.815 |

| | | | |
|--|---|------------------------|--------------------------|
| Breakfast Burrito, Egg, Potato & Cheese | 1.00 serving | 547.235 | 45.263 |
| Breakfast Burrito, Sausage, Egg, & Cheese | 1.00 serving | 579.933 | 43.667 |
| Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST) | 1.00 each | 320.000 | 32.000 |
| Assorted Breakfast Bars | 1.00 each | 285.000 | 47.500 |
| Pan Dulce, Assorted | 1.00 each | 200.000 | 34.000 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Yogurt Parfait w/ Granola 1.25M/1G | 1.00 serving | 263.705 | 50.887 |
| Berry Banana Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 364.104 | 78.897 |
| Tropical Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 306.842 | 63.931 |
| Juice, Assorted, 4 oz | 1.00 each | 60.000 | 14.000 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| Assorted Fruit Cups | 0.50 cup | 84.199 | 19.997 |
| Assorted Dried Fruit | 1.00 each | 112.500 | 28.250 |
| 1% Low Fat Milk | 1.00 each | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 fl oz | 120.000 | 23.000 |
| Ketchup Packet | 1.00 packet | 10.000 | 0.000 |
| Hot Sauce (Del Sol) | 1.00 packet | 5.000 | 1.000 |
| Weighted Daily Average | | 588.590 | 87.123 |
| % of Calories | | | 59.21% |
| Thu - 03/23/2023 | Portion Size | Calories (kcal) | Carbohydrates (g) |
| 2022-2023 High School Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (3) w/ French Toast Slice & Syrup | 1.00 serving/3 links + 1 french toast slice | 480.000 | 59.000 |
| Breakfast Sausage Pizza (2 pieces) | 1.00 serving/2 pieces | 420.000 | 52.000 |
| Egg, Sausage, Cheese English Muffin Sandwich | 1.00 sandwich | 414.335 | 25.989 |

| | | | |
|--|---|------------------------|--------------------------|
| Chicken & Rice Burrito (HS) | 1.00 serving | 471.381 | 52.815 |
| Breakfast Burrito, Egg, Potato & Cheese | 1.00 serving | 547.235 | 45.263 |
| Breakfast Burrito, Sausage, Egg, & Cheese | 1.00 serving | 579.933 | 43.667 |
| Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST) | 1.00 each | 320.000 | 32.000 |
| Assorted Breakfast Bars | 1.00 each | 285.000 | 47.500 |
| Pan Dulce, Assorted | 1.00 each | 200.000 | 34.000 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Yogurt Parfait w/ Granola 1.25M/1G | 1.00 serving | 263.705 | 50.887 |
| Berry Banana Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 364.104 | 78.897 |
| Tropical Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 306.842 | 63.931 |
| Juice, Assorted, 4 oz | 1.00 each | 60.000 | 14.000 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| Assorted Fruit Cups | 0.50 cup | 84.199 | 19.997 |
| Assorted Dried Fruit | 1.00 each | 112.500 | 28.250 |
| 1% Low Fat Milk | 1.00 each | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 fl oz | 120.000 | 23.000 |
| Ketchup Packet | 1.00 packet | 10.000 | 0.000 |
| Hot Sauce (Del Sol) | 1.00 packet | 5.000 | 1.000 |
| Weighted Daily Average | | 588.590 | 87.123 |
| % of Calories | | | 59.21% |
| Fri - 03/24/2023 | Portion Size | Calories (kcal) | Carbohydrates (g) |
| 2022-2023 High School Breakfast Menu | | | |
| Recipe | Total | | |
| Pork Sausage Links (3) w/ French Toast Slice & Syrup | 1.00 serving/3 links + 1 french toast slice | 480.000 | 59.000 |
| Breakfast Sausage Pizza (2 pieces) | 1.00 serving/2 pieces | 420.000 | 52.000 |

| | | | |
|--|-----------------------------------|---------|--------|
| Egg, Sausage, Cheese English Muffin Sandwich | 1.00 sandwich | 414.335 | 25.989 |
| Chicken & Rice Burrito (HS) | 1.00 serving | 471.381 | 52.815 |
| Breakfast Burrito, Egg, Potato & Cheese | 1.00 serving | 547.235 | 45.263 |
| Breakfast Burrito, Sausage, Egg, & Cheese | 1.00 serving | 579.933 | 43.667 |
| Sandwich, Peanut Butter & Jelly Uncrustables, 2.8 oz, Assorted (BREAKFAST) | 1.00 each | 320.000 | 32.000 |
| Assorted Breakfast Bars | 1.00 each | 285.000 | 47.500 |
| Pan Dulce, Assorted | 1.00 each | 200.000 | 34.000 |
| Pop Tart & String Cheese | 1.00 serving | 260.000 | 37.500 |
| Yogurt Parfait w/ Granola 1.25M/1G | 1.00 serving | 263.705 | 50.887 |
| Berry Banana Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 364.104 | 78.897 |
| Tropical Yogurt Smoothie w/ Pretzels | 1.00 serving/12 oz cup + Pretzels | 306.842 | 63.931 |
| Juice, Assorted, 4 oz | 1.00 each | 60.000 | 14.000 |
| Fruit, Assorted, (fresh) | 1.00 each | 81.357 | 20.974 |
| Assorted Fruit Cups | 0.50 cup | 84.199 | 19.997 |
| Assorted Dried Fruit | 1.00 each | 112.500 | 28.250 |
| 1% Low Fat Milk | 1.00 each | 120.000 | 16.000 |
| Chocolate Milk, Fat-free | 8.00 fl oz | 120.000 | 23.000 |
| Ketchup Packet | 1.00 packet | 10.000 | 0.000 |
| Hot Sauce (Del Sol) | 1.00 packet | 5.000 | 1.000 |
| Weighted Daily Average | | 588.590 | 87.123 |
| % of Calories | | | 59.21% |

* = Indicates missing Nutrient Information.

WARNING: THE DATA CONTAINED WITHIN THIS REPORT CANNOT BE USED FOR AND DOES NOT PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY. USE OF THE SERVICES TO PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY IS A VIOLATION OF THE TERMS OF THIS SERVICE. ANY SUBSCRIBER PLANNING FOR OR TREATING MEDICAL CONDITIONS, DIETARY RESTRICTIONS OR A FOOD ALLERGY MUST CONSULT A MEDICAL PROFESSIONAL FOR ASSISTANCE. TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.